

HEALTH TIP #1



Use canned fruits or
veggies for holiday cooking!

Their inclusion in recipes provides similar
nutritional value and taste as good as
using fresh or frozen items.



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Mayor
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HEALTH TIP #2



Enjoy family meal night!

Institute at least one day each week for family meals and enjoy the benefits of improved nutrition, improved communication, stronger family ties, greater sense of identity/belonging, and improved scholastic performance.



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HEALTH TIP #3



Eat a rainbow of produce
every day!

Whether fresh, frozen, dried, or canned...
it all counts toward your 5-9 servings.



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HEALTH TIP #4

10 MINUTES



Aim for 10-minute activity sessions!

Take three activity breaks while you read, watch television, or while at work to accumulate 30 minutes of physical activity per day.



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HEALTH TIP #5



Use Alcohol in Moderation

because it has twice as many calories
as protein or carbohydrate foods.



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HEALTH TIP #6



Add Fiber!

Incorporate some high-fiber foods such as whole wheat breads, cereals, fresh fruit and vegetables. Fiber-rich foods help control blood sugar levels, are low in calories, and have a greater effect on satiety (fullness).



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HEALTH TIP #7



Move while you watch TV!

You can use hand weights, a stationary bicycle, treadmill, a stairclimber, or just stretch.



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HEALTH TIP #8



Set realistic goals
for being active!

Start off slow and easy at 5-10 minutes
several times a week. Over time you can
gradually work yourself up to 30 minutes
of activity per day.



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HEALTH TIP #9



Consider indoor walking courses!

Go to the local mall, church, or school and walk laps.



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HEALTH TIP #10



Reward yourself
for being active!

Consider a new pair of tennis shoes, bowling with family and friends, golfing, playing in the park, or going to a movie.

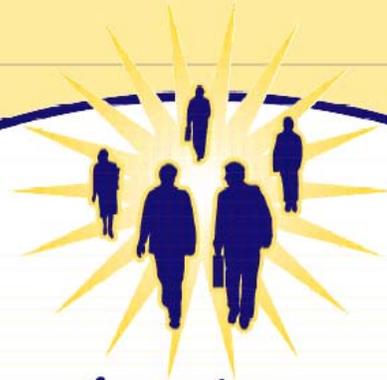


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HEALTH TIP #11



*Remember that fitness comes in
all shapes and sizes!*

A healthy lifestyle looks different on each of us,
depending on body frame and heredity.

HEALTH TIP #12



Choose the healthiest oils!

Opt for low saturated oils such as canola, safflower, corn, olive, soybean, and peanut when cooking or seasoning foods with oil. Avoid palm and coconut oils.



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